

RENT DIMAS AND LITTY OKINO WIN THE 1991 McDONALD'S AMERICAN CUP

USA GYMNASTICS

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U.S. Gymnastics Federation

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CONFESSIONS OF GYMNASTICS FATHER PART II

McDONALD'S INTERNATIONAL MIXED PAIRS

McDONALD'S AMERICAN CUP SWEEP

The U.S. swept the gold and silver medals for both the men and women in the 16th annual McDonald's American Cup. Betty Olson and Traci Druce were the top finishers with Kim Zmeskal and Chris Waller in second. 20



Barla Kambhosi interviews an *honoré* of the *honoré* before their last meeting

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USA-ROMANIA

- Even with Kim Zmeskal
- capturing the all-around title,
- the former world champion
- Romanovs squandered part
- the young U.S. team by a
- mere 288 of a point. — 29

'91 RHYTHMIC CHALLENGE

• This competition found a new rhythmic champion—Christy Neuman. Neuman won the all-around title while competing as a senior for the first time.

14 CREATIVE WARM-UPS FOR PRESCHOOLERS

- Learn some creative and fun ways in which one can warm-up preschoolers. After all, warm-ups set the mood for the entire lesson.

Cover photo by Dave Black.
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1991 WORLD CHAMPIONSHIPS
IN GYMNASTICS
INDIANAPOLIS, SEPTEMBER 6-15

WORLD'S GYMNASTICS FANS BUYING TICKETS FOR INDY

Gymnastics fans as far away as New Zealand and China have purchased tickets to the 1991 World Gymnastics Championships in Indianapolis, September 6-15.

"We've received orders from almost every state in the union, and from several countries including Japan, Australia, Canada, Mexico and Switzerland," said Joseph L. Claypool, executive director of the 91/WGC. "Approximately 20 percent of the seats in the Blosser Dome's premium lower level section have been sold," he said.

Tickets can be purchased in all-season, Gold, Silver and Bronze packages. Single-session tickets will not go on sale until June. Tickets are selling quickly so make sure you aren't sitting at home, with chalk dust on your hands while this historic event happens in your own backyard. Call.

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1991 WORLD CHAMPIONSHIPS
IN GYMNASTICS
INDIANAPOLIS, SEPTEMBER 6-15

DDN'T TAKE THE TOWELS...

Tickets aren't the only thing selling quickly. Hundreds of hotel rooms for gymnastics fans are being sold as well. At press time, the Embassy Suites hotel's fan block in downtown Indianapolis has sold out and the downtown Hilton Hotel isn't far behind.

"The hotels assigned to gymnastics fans have filled quite rapidly. The 91/WGC organizing committee is working with the Indianapolis Convention & Visitors Association to expand the fan's housing choice by

negotiating with other hotels at the Indianapolis airport," said Dale Brown, vice-president of operations.

Brown said the first-class hotels near the airport are only 8 miles away from the competition venue and about a 10 minute car ride. "We're working on a transportation plan that will provide a shuttle service for those fans who don't have their own transportation," Brown said.

For more information on hotels, assistance with travel arrangements or for information on special travel discounts, contact the official travel agency of the 91/WGC.

Tickets and Travel
1069 N. Meridian St.,
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Indianapolis, IN 46204
800-876-8497 or
317-633-6406
FAX: 317-633-6402
(Ask for Karla or Jeff)

THE ROAD TO INDY: NOT NECESSARILY DIRECT

The nation's top gymnasts will compete for six spots on the 1991 World Gymnastics team, but getting there isn't going to be easy.

For women on the senior national team, qualification begins at the regional level, then moves to one of the two Classic meets, culminating at the U.S. National Championships in Cincinnati, June 6-9.

The top 14 finishers from Championships will be invited to attend the women's World Gymnastics Trials in Indianapolis, August 23-24.

Six gymnasts and one alternate for the World Championships team will be selected at the trials. Those seven are determined by the following formula:

**30% of score from U.S. Championships
+ 70% score from Trials = World Championships Team Member**

The U.S. men have a less complicated route. Senior Elite Regionals qualify the gymnasts to the U.S. Championships and the top seven finishers at the U.S. Championships will make up the World Championships team of six gymnasts and one alternate.

PLAY IT AGAIN, NUDINI

Fans, gymnasts and coaches attending the 1991 World Gymnastics Championships will be dancing to a different drummer. A new song called "Share the Magic," a spirited, up-beat tune has been created by Cary James Productions, Indianapolis.

"It was appropriate that this world-class event has a theme song that lives up to the same standard," said Connie Israel, vice-president of administration. According to Israel, the song will be used in pre-event promotion, television production and will be heard during the competition. "The song will be incorporated into the awards ceremony as well," said Israel.

"We are very pleased we can pull together the talents of musicians, singers, composers and arrangers in the Indianapolis area to produce this wonderful piece of music," she said. "Share the Magic" doubles as the event's theme.



IN THE NEWS

ERICA STOKES STARS IN MINUTE MAID COMMERCIAL

The newest advertising campaign for Minute Maid promotes an Olympic fund-raising program and stars gymnastics own, Erica Stokes.

Stokes, 14, trains at Karolyi's Gymnastics in Houston, Texas with coaches Bela and Martha Karolyi. She is currently ranked fourth on the U.S. Senior National Team and won the Cup of Athens in 1990.

Stokes was selected because of the "fire in her eyes" says Steve Young, director of marketing for Minute Maid. "We're putting 100% of our marketing dollars behind this idea, to bring attention to the Olympics," he added.

Stokes plays Lisa on the commercial, a gymnast



whose parents can't afford to continue her training.

"We spent a week filming the commercial in California," Stokes said. "It was exciting and fun to do."

As part of its two-year campaign, Minute Maid

gave the U.S. Olympic Committee \$1 million on February 13. The next commercial in the series will focus on the U.S. Olympic Training Center in Colorado Springs.

ATTENTION STATE, REGIONAL, AGE GROUP AND ELITE DEVELOPMENT DIRECTORS

The annual Results Section for the 1990-1991 season will be published in the September/October '91 issue of USA Gymnastics magazine.

All State, Regional, Age Group and Elite Development Directors should forward results to USA Gymnastics no later than July 1, 1991.

Submit results from State Competitions, Regional Competitions, Large Invitational Competitions, NCAA Competitions and other major gymnastics events from the 1990-1991 season.

Please use the following format when submitting results: 1) Name of Competition, 2) City and State where event was held, 3) Date of Competition, 4) Winning Team on each level, 5) Top three all-around winners on each level and their club or school, and 6) Winner of each event in each level and their club or school.

Send results to USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

TRIVIA

Who was credited as being the first gymnast in the world to do a back salto on the balance beam?

Ellen Berger, president of the women's technical committee, recently announced that former U.S. Olympian Nancy Thies Marshall and Olga Korbut have both been named the first gymnasts in the world to create the back salto on balance beam.

Marshall is currently serving as Administrative Advisor to the USGF Athlete's Council as well as member-at-large on the Executive Committee.

QUESTION

CORRECTION

REGION II TEAM WINS JUNIOR TEAM TITLE

The Level 9 Eastern and Western Championships article, which was reported in the January/February 1991 issue, contained an error. The Junior Team title was won by the Region II Team. USA GYMNASTICS regrets the mistake and would like to personally congratulate the Region II Team!

INTERNATIONAL



L Ning is remembered by many as the most successful gymnast China ever produced. He won three gold medals at the 1984 Olympic Games in Los Angeles, Calif.

Li, 27, is more retired from gymnastics but his name appears on a line of sports-wear and he is seen regularly in television commercials in China.

Billboards for Li Ning sports wear are seen widely and the Chinese characters for Li Ning have become a status symbol among young people in China. Li

also holds a board member position for the company's subsidiary garment manufacturer.

In addition, China's televising viewpoint can see him perform regularly on the pommel horse in a commercial for the largest soft drink producer in China, Jianliban. This company's 1989 sales have been estimated at \$75 billion and Li works as a special assistant for Jianliban.

All this publicity in the U.S. would certainly make one a wealthy person, but not in China. "I have enough to buy some food and a television, but not enough to buy a car," Li said. Most of China's 1 billion people are relatively poor, therefore, the country's socialist system favors an individual's expenses.

GYMNASTICS LOSES GREAT GYMNAST AND COACH IVA BOSAKOVA

O ne of Czechoslovakia's most well known gymnasts, Iva Bosakova, passed away on January 10th due to a heart attack. Iva, who was nearly 60 years old, competed in four Olympic Games and two World Championships in her long and distinguished gymnastics career.

She participated in the 1963 Olympic Games, was the silver medalist all-around at the 1964 World Championships, silver medalist on beam in the 1966 Olympics, silver medalist all-around in the

- 1968 World Championships, gold medalist on beam in the 1968 Olympics and gold medalist on beam in the 1968 Olympics, at age 31.

- After Iva's competitive years were completed she went on to coach—and made her mark as coaching as well. Iva coached Vera Caslavskis, the 1964 and 1968 Olympic Champion from Czechoslovakia.

- The gymnast's community will miss Iva and will remember her great contributions to our sport!

TECHNIQUE MAGAZINE NOW ACCEPTING ADVERTISING

The United States Gymnastics Federation's, Technique magazine, is now accepting advertising. If you would like more information about advertising in Technique write to:

United States Gymnastics Federation, Technique Production Coordinator, Pan American Plaza 201 S. Capital Ave. Suite 300 Indianapolis, IN 46225 or call (317)237-3050.



OLGA KOR BUT MAKES HOME IN U.S.

Olga Korbut is becoming a household name as one of the most successful women in the world's sports. In 1972, she won a gold medal in the 1972 Olympic Games. At age 17, she was one of the youngest gymnasts in the world to ever win a gold medal. She is now a coach in the U.S. and has moved her family from Moscow, Russia to the U.S. to live in the U.S. She is now a coach in the U.S. and has moved her family from Moscow, Russia to the U.S. to live in the U.S.



Former Olympic Acrobatic Champion, Olga Korbut, is now a coach in the U.S. and has moved her family from Moscow, Russia to the U.S. to live in the U.S.

High Achievement. Olga's husband, Robert, is a well-known folk singer. Olga is the second U.S. to win the 1972 Olympic gold medal. She is now a coach in the U.S. and has moved her family from Moscow, Russia to the U.S. to live in the U.S.

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MARRIAGES

WES SUTER MARRIED

Wes Suter, a member of the 1988 Olympic Team, was married to Molly Joanne Gurnett on September 1, 1990. Both were graduates of the University of Nebraska-Lincoln.



Molly is currently a marketing representative. Wes is modeling and working full time as an analytical project manager for Harco Laboratories in Nebraska.

Molly and Wes' groomsmen included: 1988 Olympians Tom Schlienger and Kevin Davis; 1984 Olympian Jim McKay; and Dale Dombrow, Wes' high school coach.

PHIL CAHOY MARRIED

Phil Cahoy, eight year member of the U.S. National Team from 1977-1985, married Patricia J. Quinley. The newlyweds reside in Madison, Wisconsin, where Phil is an orthopedic resident and Patricia is a pharmacist.



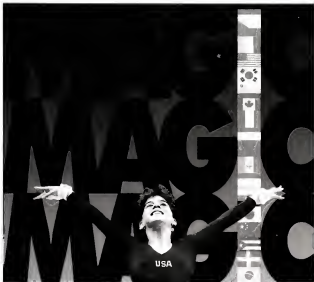
Phil, a University of Nebraska graduate, was a member of the 1980 Olympic Team, member of the World Games Team in 1978, 1981, 1983 and 1985; NCAA Champion on Parallel Bars in 1980 and High bar in 1981, and 10 time All-American.

TRAGEDY HITS UNITED STATES OLYMPIC COMMITTEE

The United States Gymnastics Federation is deeply saddened by the tragedy that occurred on Sunday, March 3, when three members of the Olympics Family died in a plane crash. United Airlines Flight #855 in Colorado Springs, Colo.

Dr. Peter J. Van Handel—Senior Sports Physiologist of the USOC
Dr. Andrew J. Kosser—Sports Biomechanist for the USOC
Dan Birkholz—Development Coach/Coordinator for the U.S. Cycling Federation

Our thoughts and prayers are with their families and friends.



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**1991 WORLD GYMNASTICS
CHAMPIONSHIPS**
INDIANAPOLIS SEPTEMBER 6-10



BY RICHARD R. YOUNG, ESQ.

CONFESSIONS OF A GYMNASTICS FATHER PART II

Dear Mr. Peterson,

Remember Richard, the most successful athletes are orphans; particularly those who have their own chauffeurs. Since I presume that you are not willing to make that sacrifice for your daughter, the best thing you can do is to stand back, let her enjoy herself, let her learn from her own mistakes, be there if she needs you, and, in the meantime, try to pretend during meets that she is someone else's daughter and otherwise generally "chill out."

Whether I have been successful in either "centering" or "chilling" while watching gymnastics meets is the subject of some debate around our house. One thing is certain—I have matured a lot as a gymnastics father in the last three years.

I still stick out like a sore thumb in a world dominated by gymnastics mothers, but I have developed techniques to cope with the situation I used to not have a clue what all the various tricks were called. After many hours of studying Russian in night

school, I can now pronounce all of their names perfectly, although I still have trouble telling them apart. Lookinger simply admonish my daughter to point her toes, now I have learned to tell her to keep her knees straight while she is doing it. I have even developed a fool-proof technique for watching beam. Before, *every wobble* and fall would cause one profanely or another to uncontrollably leap from my lips, only to be forever recorded for posterity on my camcorder. When showing my gymnastics home videos to friends and neighbors, I frequently had to pretend that the audio was broken or discede a PG-13 rating in advance. I tried everything from not watching beam at all, to not watching but occasionally peeking, to watch-

I last wrote you three years ago when my daughter, the gymnast, was nine. ("Confessions of a Gymnastics Father," *USA Gymnastics*, Vol. 17, No. 3.) Your sound advice in reply to my confessed addiction to watching my daughter perform gymnastics has guided my course as a gymnastics father ever since. Whether it is with tears of joy in my eyes as my daughter mounts the victory platform, or from the depths of despair as she dismounts bars to the seat of her pants, I am always remember your parting words:

ing through the fingers on one hand while holding the other hand over my mouth. The solution I have found that has allowed me to watch beams in silence, and which I am sure will be a blessing to gymnastics parents everywhere, is aggressively suppressing your breath! A beam routine only lasts 70 seconds. You can safely hold your breath through the whole thing. If for some reason your daughter still is not finished at the end of 70 seconds, the beam timer is nice enough to ring a bell or call "time" to remind you to start breathing again before you pass out.

Another technique I have learned is to empty my hands before my daughter performs. No more inadvertently throwing food into the air when I start to tuck and rotate as my daughter does a double backflip more digging my fingers into the shoulders of the poor woman in front of me as I reach out to catch a release move. I even got a trip to the video camera so that I don't have to touch it during routines. It made such a difference in steadiness of the pictures in my videos that my wife no longer has to pass out air sickness bags before I start the replays.

One of the hardest things to adjust to as my daughter has gotten older and better is that her meets are almost all out of state. I feel selfish (and broke) if I fly all over with her, leaving my wife and sons at home to maintain some normalcy in our family. If I don't go to the meets, I never get to hear enough of the details to satisfy my addiction. It always seems like when my daughter calls, we are different weeks long. I have been waiting all day to hear how she did; she is sleeping and wants to go out to dinner with her friends. One trip last spring, I had the opportunity to sit in on the other side of that conversation. We were all in the hotel getting ready to go out after the meet when the phone

rang. I knew it wasn't my wife because I had called her five times earlier in the evening with updates after every event and the awards presentation. It was, in fact, the parent coordinator of the other girls. After she spent about 15 minutes telling her parents everyone's scores and placements, the conversation on our end went something like this:

Fine mom. Fine mom. Hi dad. Fine mom. We have to go eat now. My ankle is fine. My wrist is fine, too. Fine mom. We really have to go eat now. She's fine. She's fine, too. I love you. (It was a nice try to end the conversation, and we all had our hopes up, but it didn't work.) Sure mom. The other kids are really hungry mom. It was fine. Sure mom. I can't go through every routine right now mom, but Mr. Aardvark videotaped the whole thing and he'll give you a copy when he gets back. Sure mom. I know, but I think he got a tripod for his camcorder. (Her mother had seen my videos before.) Fine mom. I will. I think I hear the fire alarm. I will. I will. I love you, too. Bye dad.

As she hung up the phone and walked to the car, I was taken by how courteous she had been under the pressure of the situation. It had dawned on me that I had put my daughter in that situation a time or two. It was about then that my daughter gently squeezed my hand and gave me a sweet smile just as one I had missed the point.

To burn off my nervous energy at out-of-town meets, I busy myself with all sorts of logistical tasks. I drive back and forth to the meet site to be sure that I know how long it will take to get there, I locate the city for sub shops (my daughter's favorite food); and, of course, I am the designated chauffeur. Just in case, I always carry at least two ice bags on my person at all times. Sometimes it gets a

little wet and messy, but it's always best to be prepared.

As you might guess from my reference to ice bags, at this level, injuries are a part of gymnastics. If God had meant for people to do the kinds of things that gymnasts do, He would have given us prehensile tails and suction cup feet. Besides, I have spent enough money on trips to the orthopedist and physical

therapist, the "Cartwheel-A-Thon" in the spring, and car washes in the summer. Program advertising, raffish tickets, balloons, assistants, gym bags, pins—you name it, we've sold it. My daughter has become so good at it that she has her own list of regular customers, and has already been offered jobs by a car dealer and an insurance agent.

Although through hard work and good fortune several of my daughter's lifelong gymnastics goals have been fulfilled (she became an Elite and later made the National team), her greatest gymnastics challenge still lies ahead of her. No, it's not the Olympics; it's puberty! All of the current that make a girl a woman and make a woman beautiful seem to be pretty much of a nuisance on gymnastics apparatus.

I am sure of one thing: My daughter's training as a gymnast will serve her well in dealing with life's challenges. Life, like gymnastics, is sometimes hard and not always fun. The future holds both victories and defeats. There will always be pressure in dealing with life; my daughter will have the lessons that gymnastics has taught her to fall back on in my case, on more than one occasion. I have been able to build my courage and calm a bit of nerves by reminding myself that whatever lies ahead, it cannot be as bad as watching my daughter on beam.

At your suggestion, the other gymnastics mothers and I have taken up bowing to make sure that all of our competitive juices are not channeled through our children. My daughter came to watch once, she told me "point your toes dad and try to keep your knees straight too." Somehow it never occurred to me to tell her how much I appreciated her interest and helpful advice.

Very truly, your friend,
Richard Aardvark

SPECIALISTS IN MEN'S GYMNASTICS

B Y P A U L W I L E Y T O

Gymnastics club enrollment has been quite high through the 1990's. The number of students entering college with gymnastics in their background is higher than it has ever been. The number of people willing to give something back to the sport professionally, as a coach

cuts is low, sadly, because athletics is driven from above, by alumni, and not from below, by student and community interest. Furthermore, I would venture that the same process is about to deplete our supply of willing coaches and judges, and so harm the U.S. program in the long run, accessibility of gymnastics to college-aged students is shrinking, and the pool of potential coaches and judges is shrinking with it. Changes need to be made now to make gymnastics a high participation sport through the formative years into adulthood. Part of the solution is to return to a large team format which allows many specialists. This part of the solution would also have many benefits that have nothing to do with high participation.

When I was an undergraduate, I was a high bar specialist, and not a very good one. That didn't

matter. I worked out, learned a lot about myself, and I was rotated into a few meets. The result was a happy alumnae. There were many of us in those days, some good, some not so good, and many who were excellent. Specialists were generally students, first and gymnasts second, and were able to do gymnastics because the training time for specialists was relatively low.

The NCAA Rules Committee put an end to that. A small team (nine members) without declared all-around competitors cleaned all the specialists out of the gym. Not that they were actively kicked out of the gym; rather, it simply became difficult for coaches to put together a team to compete 36 routines and still use any of the one or two event gymnasts. In our gym the number of specialists was close to 30. The changes were made with good intentions, the thinking was that all the

GYMNASTICS SUFFERS FROM ITS
PREOCCUPATION WITH THE TEAM SCORE
BECAUSE THE OUTCOME IS TOO CERTAIN.

or judge, is also high. Yet, recent years have not been kind to college gymnastics. Teams have been cut from athletic budgets at an alarming rate, sometimes quite unexpectedly. I would argue that these cuts follow from structural changes in competitive gymnastics, which demand smaller teams and favor the all-around gymnast. These



specialists would start working more events, and the new all-around gymnasts would feed into our national program. It should have been foreseen that this would not happen. Specialists were, in part, making a choice about time allocation, and the new rules forced them to make an all or none decision, as serious students, their choice had to be none.

I was struck recently by a football team picture. A tedious count led me to a guess of about 120 players on a typical team. Simple arithmetic told me why gymnastics teams were being cut. Football was producing alumni at the rate of 40 per year, while gymnastics was producing two or three. After 10 years, a young football team would have 400 alumni to

call on for support. No gymnastics team could rise that many a tier in 100 years. Those high marbles bring more revenue, not only because there are more contributors, but because the odds are increased for finding a genuine "sugar daddy," one of those major contributors who helps endow the team. If sugar daddies were to occur among the

team alumni at a rate of 65 percent, the average young football team would have two of them. Men's gymnastics probably has two for all 40-odd schools that still have teams.

Many of the specialists I have just mentioned have gone on to contribute to the sport by coaching or judging. I was passionate enough to learn to identify all of the skills on events that I did not work, and went on to judge. Since then I have started coaching, and helped keep a college club team alive for many years. There are many of us now, but as we burn out or curtail our activities (become responsible), we are not being replaced. Many of the students we saw at the beginning of high school leave gymnastics before college, because there is no place for them. At that age, gymnastics is beginning to compete with other activities, and the emphasis on the all-around score is discouraging many who are showing progress only on one or two events. Gymnastics is not remaining a part of their passage into adulthood, and when they abandon it so early, they will not be there to give back to the sport later in life.

Both of these problems could be alleviated by both the USGF and the NCAA's redefining some of the competitive structure that reduces participation. The USGF could allow individuals to qualify for regionals and nationals on an event. Colleges could raise the team member limit to 12 or even 15. They could also expand the range of meet formats, so that Division I teams could easily take part in meets which count four scores

rather than five, encouraging a large number of specialists on a team would help keep those who are being disaffected, for student the time commitment would not be as heavy, and when in college, they would be allowed to

important for their events, and in turn, teach them to others in the gym. It has always been valuable to have intersquad meets which pit the all-around gymnasts against the specialists, since it gave the "all-rounder" an incentive

is too certain. It is the non-predictable nature of the basketball game which gives it so much spectator appeal. A shift in emphasis to event scores and individual event winners could mitigate this problem. There were many schools in the 1970s who had terrible seasons from a win/loss standpoint, yet they could draw a home crowd for a meet to see a couple of their specialists win an event.

The question remains of whether such changes would be too little, too late, to stabilize college gymnastics. It may be that the sudden appearance of a high participation team in men's gymnastics might turn around a decision to cut a team. Whether colleges remain in the game or not, it might also be a good idea for our own national program to embrace specialists and high participation later in life, perhaps providing an alternative for the college-aged gymnasts who could give so much back later if they were kept interested.

Thanks to Tom Calks, Gene Hahnen and Rick Taylor for contributing many of the ideas contained in this letter.

EDITOR'S NOTE

According to Robert Cowan, USGF Men's Program Administrator, "Effective with the 1992-1996 Age Group Program, specialists will be allowed and encouraged to participate at all levels."

If you have an opinion that you would like to share with USA GYMNASTICS magazine, please write: Pan American Plaza, 303 S. Capitol Ave., Suite 303, Indianapolis, IN 46225



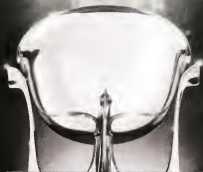
THE QUESTION REMAINS OF WHETHER SUCH CHANGES WOULD BE TOO LITTLE, TOO LATE, TO STABILIZE COLLEGE GYMNASTICS.

compete for their school and have a good team experience. It would also raise the numbers of college gymnastics alumni, so that when the athletic department's axe comes it will fall on other lower participation sports.

Other benefits would follow such changes as rules. The first is that specialists make themselves valuable in the gym as coaches on their events. They spend more time on learning the skills that are

to learn the same important skills. Specialists also tend to be more creative on their events, they are the individuals who originate new skills and teach them to the all-around gymnasts. They are a resource that could be utilized much more effectively.

Another benefit which could result from such changes in rules involves spectator interest. Gymnastics suffers from its preoccupation with the team score because the outcome



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**AAUW
American**

The 1991 McDonald's International Mixed Pairs competition was held in Atlanta, Ga. This competition was the first major international event Atlanta has hosted since the city was named the site of the 1996 Olympic Games.

A record-crowd, for this event, turned out to show their support and enthusiasm for the U.S. and the sport of gymnastics. The Atlanta crowd and accommodations were outstanding. From the luncheon featuring Billy Payne and the Atlanta Sports Council to the fine host hotel, Hyatt Regency Atlanta, to the Alexander Memorial Coliseum—every thing was first-rate!

This competition combines one male and one female gymnast together in a pair. The female competes first on the event, her choices and the male follows, on the event of his choice. (Vault was eliminated due to the size of the facility.) The pair's scores are then added together and the highest scoring pair after round three is declared the winner.

Fifteen pairs began the competition in round one. The top eight pairs after round one were as follows: U.S.'s Betty Okuno and Trent Duran with 19.70, U.S.'s Kim Zmeskal and Chris Waller with 19.675, U.S.S.R.'s Ludmila Stokvichatova and Andrei Kan with 19.55, China's Zhang Xia and Qiao Liang with 19.55, Australia's Kylie Shadlock and Peter Hoggan with 19.35, U.S.'s Dominique Dawes and Switzerland's Doreen Griebelin also with 19.35, Italy's Chiara Ferraro and Alessandro Villegardi with 19.325, and Spain's Sonia Foppanand Miquel Rubio with 19.05.

The U.S.'s Shannon Miller and Patrick Karolyi were in fifth place after round one, but only two U.S. pairs could advance to the final. Sandy Woodley and Lance Ringgold were seventh and Chelle Stack and Jay Thornton were eighth.

After round two, Zmeskal and Waller took the lead over their U.S. counterparts with a score of 39.475. Zmeskal scored a 9.40 on her impressive routine while Waller nailed his high bar routine, including the double double dis-

MCDONALD'S INTERNATIONAL MIXED PAIRS



By Mike Rosenthal

ZMESKAL & WALLER WIN

MIXED PAIRS RESULTS

Kim Zmeskal/Chris Waller	USA	39.025
Zhang Xia/Qiao Liang	CHN	38.325
Ludmila Stokvichatova/Andrei Kan	URS	38.175

mount on 9.65. This pended out China's 9.60 bars and China's 9.60 rings routine. Only one couple from the U.S. was allowed to advance to the third and final round, therefore, Zmeskal and Waller moved on to round three.

The gymnasts from China and the former Union were tied for second with a 19.55. Zhang's beam routine scored a 9.625 and Liang's parallel bars routine scored a 9.60. Stokvichatova did a unique full pirouette on high bar to a Dorchew and scored a 9.60 on his rings routine.

These three pairs from the U.S., China and the Soviet Union advanced to round three.

The pair from China went first in round three. Zhang did floor (9.60) complete with a roll-in, back-out for her first pass, whip to double back for her middle pass and dismounted with a double back. Qiao did pommel horse for a score of 9.75. China's three round total was 58.325.

Next up was Stokvichatova on beam. She did a round off, flip flop, flip flop swing down mount, a flip flop, full twist swing down and dismounted with a full-in, back-out. She nearly fell on her dismount but saved it, scoring a 9.675. Her partner performed on parallel bars and used a unique double twist dismount, scoring 9.60. Total score for the Soviets—58.175.

The U.S. went last with Zmeskal on bars. "She hit the best routine of her life," commented coach Bela Karolyi. Zmeskal scored 9.90. It was all up to her partner and the pressure was intense. Waller did a superb rings routine for a 9.70 and clinched the U.S. all-around victory with a total of 39.025.

When asked what he was thinking before mounting the rings, Waller said, "Rings are my event for me. I didn't feel pressure." He added, "I love training, this is fun."

Zmeskal, winner of last year's McDonald's International Mixed Pairs with partner Lance Ringgold, said, "It was a lot harder this year, especially after Betty and Trent did awesome routines."

Thanks to Atlanta for hosting such a great competition!

The first 12 athletes will be invited to the 1991 U.S. Olympic Festival in Los Angeles, Calif., July 12-21.

Name	AA	Place
Drews Durbin	53.68	1
Sophom McCann	53.38	2
Jason Christie	53.30	3
Rickard Gance	53.25	4
Jay Thompson	53.15	5
Aaron Cother	52.95	6
Brian Yee	52.06	7
J.D. Reese	51.95	8
Kerry Huxton	51.80	9
Mark Seyler	51.75	10
Cassidy Bryan	51.55	11
Tyler Wogl	51.25	12
Chris Wej	51.00	13
Matthew Rodman	50.50	14
Danier Holland	50.40	15
Cecelia Simchen	49.30	16
Lunghy Pang	47.90	17
Jessie Hobbs	47.40	18
Brian Aguilar	46.75	19
Sean Crompton	43.80	20

- **January 1, 2005**—December day in history change the business calendar



George Strait and Clint Black, Vice Presidents of the U.S. Olympic Committee, attended the 1991 McDonald's American Cup at Greerfield, Fla. He performed here from 1980 to 1989, with Chely Wright, Chastain, Cleveland, Donnybrook, Davey, Kim Etessick, Betty Grimes, Scott Grimes and Sandy Shroder.



More - Fun Link!



Year	Population	Population	Population	Population
1990	100	100	100	100
1991	100	100	100	100
1992	100	100	100	100
1993	100	100	100	100
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2066</				



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GIBSON

The 16th annual McDonald's American Cup ended in a heavy medal quartet—that is the U.S. swept the gold and silver medals for both the men's and women's competition. The last time this occurred was in 1983 when Mary Lou Retton, Julianne McNamara, Peter Vidmar and Mitch Gaylord stood shoulder to shoulder on the awards platform.

This year, Betty Okino and Trent Dumas were the top finishers with Kim Zmeskal and Chris Waller in second. Thus foursome shared the spotlight in Orlando, Fla. on February 22-23.

MCDONALD'S AMERICAN CUP

SWEEP

WOMEN'S PRELIMINARIES

After Friday's preliminary competition, the U.S. women dominated the competition placing first through seventh and ninth in the rankings.

Preliminary standings found Zmeskal and Okino, both from Karolyi's, in first and second, Shannon Miller from Dynamo's placed a close third, followed by Desert Devils' Sandy Woolsey in fourth and Hill's Angels' Dominique Dawes fifth. Keri String and Chelle Stack, both from Karolyi's, were in sixth and seventh.

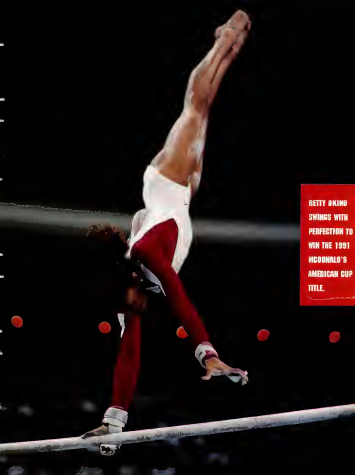
Australia's Kylie Shadlock, who finished eighth, was the top foreign gymnast and the first Australian to ever make the finals at this event. Elisabeth Grondall from Desert Devils, competing first on every event, finished ninth and China's Zhang Xia placed tenth.

Bela Karolyi, coach of the top two finishers who would advance to finals, said, "Never in my lifetime have I seen eight Americans standing shoulder to shoulder and challenging each other. To-

night it was the night of American gymnastics."

Although all of the U.S. coaches predicted American success, many were surprised with the way they dominated.

Karolyi commented on the relatively poor showing of gymnasts from traditional powerhouse countries such as the Soviet Union, Romania and Hungary by saying, "I hope that the results were an accident and not the real face of it. I hope it was the pressure



BETTY ONIMO
SWINGS WITH
PERFECTION TO
WIN THE 1991
MCDONALD'S
AMERICAN CUP
TITLE.

of new, young kids being in a foreign country for the first time, and facing changes in their own countries."

WOMEN'S PRELIMINARIES

During the men's preliminary round, the U.S. placed all four of its gymnasts in the top seven places. Dumas from Gold Cup Gymnastics and Waller from UCLA took first and third, respectively, with the United Germany's Andreas Wuecker in second.

Canada's powerful Curtis Hibbert took fourth while Patrick Kirksey from Nebraska finished fifth and the Soviet Union's Andrei Kan, who placed fifth in the 1990 Soviet National Championships, landed in sixth.

Gold Cup's Lance Ringnald finished a disappointing seventh due to a fall on his first event, pommel horse. However, he finished the competition with strong performances on the other events. Rounding out the top 10 were China's Zao Liang, Spain's Miguel Rubio, and Switzerland's Daniel Guibellina.

Dumas and Waller, being the top two gymnasts from



Kim Zmeskal was bombarded with the media after scoring a 10 on her floor routine.

the U.S., advanced to the final round of competition. Both said that they achieved their first goal—to make the finals.

INDIVIDUAL EVENT WINNERS

More was at stake than just medals at this year's McDonald's American Cup. The International Gymnastics Federation recently approved the awarding of

money for prizes at competitions. A total of \$38,000 was awarded. However, NCAA athletes, or those desiring to enter collegiate gymnastics, were not eligible to accept prize money.

The preliminary round of competition not only determined the top-eight gymnasts to compete in finals, but also determined the individual event winners. Champions of each event earned \$3,000.

China, 15, won vault with a 9.807 Yurchenko layout full. This long and lean gymnast also won bars with a 9.825.

The petite Miller at 4'5" and 66 pounds, along with the powerful Zmeskal, tied for the gold medal on balance beam with scores of 9.887. Miller demonstrated with an incredible round off, full-in, back-out and Zmeskal has a new move in her routine—a back tuck, kick-out, swing down.

Zmeskal, using her two-week-old floor routine, won this event with a 9.912.

Another outstanding performance was by Dumas on floor exercise. Her routine was so entertaining that NBC replayed it during Saturday's competition. Many asked: "Are there springs in that little girl's legs?" "No, she tumbles that way due to a lot of hard work and dedication," said coach Kelli Hill.

Dominique, 14, begins her floor with a roundoff, whip, whip, flip flop, double full twist crunch front step-out, roundoff, two flip flops to double tuck. Her second pass is a piked full-in, back-out and her last pass is a piked double back. And, she does all this tumbling to the music "Jump Shout Boogie." This was Dominique's first major international competition in the U.S. and she has her sights set on the '91 Worlds and the '92 Olympic Games.

Back, an '88 Olympian, '89 World Championships team member and a veteran for the U.S. team at age 17, did a great Yurchenko layout full vault scoring a 9.887.

For the men, Ringnald won floor with a 9.75, tied for the gold on vault and high bar with his teammate Trent Dumas. Their scores were 9.70 and 9.75, respectively. Both gymnasts use a roundoff entry vault with a layout full twist.

Waller, 22, won his favorite event, pommel horse, with a 9.80. Andreas Wuecker and Miguel Rubio tied for first on



Chris Waller shows his strength and flexibility with this reverse pommel horse.

strings with a 9.70 and the parallel bars event was won by Wecker with a 9.65.

Other top routines included Andron Kim's pommel horse (9.70), and his floor routine, which included a triple twist, punch front. In addition, Curtis Hibbert's vault (9.65) and Waller, Hibbert and Kasey's high bar routines which all scored 9.70.



Photo: Rick H. Smith/USA

The Soviet Union's Ljudmila Sabitcheva earned the bronze medal in the all-around.

WOMEN'S ALL-AROUND FINALS

The number 10 was significant in this year's competition—there were two perfect 10's scored and it was Bela and Martha Karolyi's tenth year anniversary in the United States—and what a more fitting way to celebrate an anniversary than to have your gymnast gain write the record book by surpassing the all-around record of 39.75, set by Nadia Comaneci in 1976. Betty Okino scored a 39.767. Her routines included a perfect 10 on her Yurchenko layout full vault.

"This was my first time ever. You don't realize how exciting it is until you do it," said the slated Okino. On floor, Zmeskal also scored a 10,



Photo: Rick H. Smith/USA

Trent Dimas ties for the gold medal on high bar with teammate Lance Ringnald.

making it the fifth perfect score that she's received.

"It was a good day and it started with Betty's vault and ended with Kim's floor. They both became mature, strong, and confident gymnasts," said Karolyi.

With Okino's momentum from her perfect vault in full swing, she scored a 9.90 on bars, 9.937 on beam and a 9.95 on floor, to win the gold medal and \$5,000.

Zmeskal landed a 9.825

on vault, 9.65 on bars and a 9.767 on beam to go with her 10 on floor. This Texas-native won \$3,000 and the silver medal in the all-around with a score of 39.562.

The bronze medal went to the Soviet Union's Ljudmila Sabitcheva with a 38.274. This 16-year-old is the 1989 beam and floor gold medalist at the Junior European Championships. Although she had an impressive beam routine with a roundoff, flip

flop mount, a flip flop, full twist, swing down and a full-in, back-out dismount, she overrotated her dismount and had to settle for a 9.087 on beam.

Fourth in the all-around went to France's Karine Boucher, while fifth was awarded to Australia's Kylie Shadbolt. Spain's Sonia Fargas placed sixth and China's Zhang Xia and

continues on page 34

IT ALL
CAME
DOWN
TO
TENTHS

With a team score of nearly 200 points, losing by two tenths of one point makes losing that much more distressing. Oh, those maddening decimal points!

This is exactly what happened to the U.S. team in their dual competition with Romania, presented by Texaco, at the Maheux Pavilion in Houston, Texas. The

final score was 197.677 for the Romanians to 196.868 for the U.S.

In simple gymnastics terms—a wobble on beam or two steps on a dismount cost the U.S. the team title. Coach Bela Karolyi said, "Losing by .209 of a point to the (former) world champions means the young U.S. team has arrived. A couple of mistakes cost the title, but they are things that are correctable."

Octavian Belu, the Romanian coach, said, "It was not a surprise to us to find a very strong American team. We think the United States is now one of the powers in women's world gymnastics."

The U.S. team didn't go home completely empty handed—Houston's own Kim Zmeskal, 15, won the all-around title with a 39.748.

Zmeskal dazzled the judges and crowd, especially on floor, where she added a fourth whip back to her middle pass. Now Zmeskal's tumbling begins with a full-in, back-out, finishes with a double back and sandwiched in be-



USA-RO



tween is a round off, four whip backs, flip flop, double back.

"This meet shows we're close to the Romanians and they're second best in the world," said Zmeskal. "We still have a chance to catch them."

The all-around champion from Karolyi's in Houston, Texas, just continued her dominance with scores of 9.90 plus. On vault, her Yurchenko layout full scored a 9.93. Generally bars is her weakest event, but at this competition she was the bar champion with a 9.916. Zmeskal scored 9.833 on beam and tied for first on floor with Romania's Christina Bontas. Both gymnasts scored a 9.866.

After Zmeskal's flawless floor exercise routine the crowd, led by team captain Mary Lou Retton, began chanting "10, 10, 10." However, to the dismay of the Houston crowd, the judges awarded the routine a 9.866.

Romania's Eugenia Pops, coached by Octavian Belu, earned the silver medal in the all-around with a score of 39.499. This 17-year-old scored a 9.85 on her Yurchenko layout full vault. Pops, who was one of the first gymnasts to do two quick release moves on bars, scored a 9.883. On the beam, she earned a 9.90 and a 9.866 on floor. Pops begins her floor routine with an impressive double back, punch front. Her middle pass is a double full, punch front and she ends with a double back. Pops was a member

Left: Kim Zmeskal defeated Romania's best for the gold medal in the all-around



Eugenia Pops earned the silver medal in the all-around

Photo: Rick A. H. (2) (2) (2)

ROMANIA

of the second place Romanian team at the 1989 World Championships and finished 13th in the all-around at that event. The Bucharest native is considered the "pioneer" on the Romanian team, but there was no joking about Popa's performances!

There was a tie for the bronze medal between the U.S.'s Hilary Grivich from Karolyi's and Shannon Miller from Dynamo-Gymnasticon Oklahoma. Both gymnasts scored a 39.482 in the all-around.

Grivich, 15, is the current Junior National Champion in the U.S. and certainly proved she could compete with the seniors. She scored a 9.916 on vault using

"THIS NIGHT GRIVICH WAS THE ONE WHO REALLY CAME OUT OF THE WOODS TO SHOW HER REAL QUALITIES."

a Yurchenko layout full. On bars she scored a 9.833, beam a 9.85 and floor a 9.833. The Huntville, Texas native has the most defined and muscular legs of anyone on the floor—and she uses that power to her advantage.

Cosach Karolyi said, "This night she [Grivich] was the one who really came out of the woods to show her real qualities."

Grivich has to travel one hour to practice and one hour home six days a week to get to gymnastics practice, but after a competition like this one, it's probably all worth it!

Shannon Miller, coached by Steve Nunn, is another U.S. star. Miller, 14, is more quiet and reserved than her U.S. teammate Grivich, but no less aggressive in her gymnastics pursuit.

Miller also uses a Yurchenko layout full vault and scored a 9.783, her lowest mark of the competition. On bars, dismounting with a full-in, back-out fly-away, Miller scored a 9.866. She earned a 9.95 on her favorite event, beam, to tie Bontas for the top score. On floor, Miller was the only U.S. gymnast to dismount with a full-in, back-out and tallied a 9.883.

Miller recently competed in the McDonald's American Cup and finished third all-around in the preliminary competition behind Betty Okino and Kim Zmeskal.

Okino was unable to compete in the USA-Romania dual competition because she pulled a hamstring in practice the week before competition. "Betty could have added a couple of points in the all-around score," said Karolyi.

Another surprise came when Romania's Christina Bontas fell off bars scoring only a 9.35. This ruined her chances for an all-around medal. Bontas, who placed fourth at the 1989 World Championships, scored a 9.916 on vault, 9.95 on beam and a 9.966 on floor. This 17-year-old said before the competition that she felt a great deal of pressure to



Shannon Miller's beam routine is loaded with difficulty.

Hilary Grivich, with her aggressive performances tied for the bronze medal.





Photo: Mike G. Smith/USA Today

carry the team. It seems the pressure was too great for Romania's top gymnast and she made a mistake. Bontas placed seventh in the all-around just below her teammates Gabriela Agachi and Isabela Lacatus, who placed 10th and sixth in the all-around.

The U.S.'s Kim Strug, 13, finished eighth with a 39.015. This Karolyi gym-

From left to right: Lăcrămioara Filip, Gabriela Agachi, Eugenia Popa, Christina Bontas, Maria Neculita and Isabela Lacatus.

ALL-AROUND SCORES

Place	Name	Event	Vault	Bar	Beam	Floor	Total	U.S.
1	Kim Zmeskal	USA	9.833	9.816	9.933	9.966	39.548	
2	Eugenia Popa	ROM	9.850	9.883	9.900	9.866	39.499	
3	Hilary Givens	USA	9.916	9.833	9.850	9.883	39.482	
3	Shannon Miller	USA	9.783	9.866	9.933	9.883	39.465	
5	Gabriela Agachi	ROM	9.883	9.833	9.833	9.833	39.399	
6	Isabela Lacatus	ROM	9.883	9.783	9.816	9.883	39.362	
7	Christina Bontas	ROM	9.816	9.375	9.850	9.966	39.002	
8	Kim Strug	USA	9.850	9.783	9.866	9.833	39.015	
9	Lăcrămioara Filip	ROM	9.883	9.716	9.866	9.883	38.948	
10	Maria Neculita	ROM	9.883	9.883	9.900	9.116	38.699	
11	Kim Kelly	USA	9.850	9.683	9.866	9.250	38.657	
12	Chelle Seack	USA	9.833	9.816	9.833	9.113	38.595	

nost tied for first on vault with a 9.95, scored a 9.766 on bars, a 9.833 on floor and only a 9.466 on beam because she touched her hands on her roundoff double back dismount.

Romania's Lăcrămioara Filip, 18, and Maria Neculita, 17, finished ninth and tenth. Filip was a member of the 1989 World Championships Romanian team and placed 15th in the all-around at this event. Neculita is an up-and-coming junior gymnast and recently placed fourth all-around at the Chunichi Cup.

Floor was a rough event for the Parkettes' Kim Kelly and Karolyi's Chelle Seack. Both gymnasts missed a pass and finished 11 and 12 in the all-around. It was an unfortunate mistake

because both gymnasts were doing so well before this event. Kelly, coached by Bill and Donna Strauss, scored a 9.850 on vault, 9.483 on bars, 9.866 on beam and a 9.250 on floor. Seack tied for the highest score on vault with a 9.95, and her other scores included a 9.816 on bars, 9.65 on beam and a 9.133 on floor.

Karolyi's Elina Seikes served as alternate for the U.S. in this competition.

Romania's Mihaela Pasca, the number two ranked gymnast on the Romanian team, made the trip to the U.S. but was scratched at the last minute due to an injury. Pasca finished 16th in the all-



around at the 1990 European Championships and tied for first on bars. This 16-year-old said, "My favorite gymnast is Betty Clarno. I met her in Germany last November."

Karolyi commented, "The competition was a good lesson for us. We still need to fight but we can realistically reach our goals."

He added, "In the 1991 World Championships, we'll be ahead of the Romanian Team."

Kim Strug, a newcomer to the international gymnastics scene, made a strong showing at this competition.

BY TRACEY CALLAHAN-MOLNAR

NEUMAN MEETS THE CHALLENGE

There was more up in the air than just hoops and ribbons at this year's Rhythmic Challenge! With the retirement of

the 1990 Championships first and second place finishers, Tracey Lepore and Beth Ogden, it felt things wide open for this competition.

Jacksonville, Florida's Christy Neuman was anxious to fill the gap and met this year's challenge by performing consistently through each event to win the Challenge title. Neuman was competing as a senior for the first time in this competition.

Diane Simpson and Jennifer Lovell, who shared the 1990 ranking of first place in the national standings with Lepore, relinquished their title but still maintained a position in the top five. Simpson tied for second in the all-around with Norene Hewitt-Couturier of New York, both scoring 45.50. Lovell, scored 44.35 for fifth place overall.

Claiming fourth in the overall standings was Caedine Hunt who trains under Irina Vidovets at Illinois Rhythmic. Hunt, who

celebrated her thirteenth birthday at this event, was the top junior competitor with an all-around score of 44.50. Hunt's best event was clubs, 9.15.

This competition was the first national rhythmic event in the U.S. where all five rhythmic apparatus were used. The addition of the fifth event was a decision made after the 1990 Goodwill Games as an effort to help our athletes maintain strength with all apparatus. Competing in five events is already a standard in many European countries.

Christy Neuman's routines were confidently executed and elegantly performed. Five firsts, three sixth place. Neuman was pleased with her performance. "My goal was to make the top three, but most of all I just really wanted to hit my routines," said Neuman. Feeling that her club routine was her strongest event at this competition, Neuman replied, "I always seem to do better under the pressure of a meet with my club routine!" That routine gave Neuman first place with a 9.30, the highest score awarded at the 1991 Rhythmic Challenge. Neuman was



Competing as a senior for the first time, Christy Neuman won the all-around title.

Don Davis © 1991 USA

pleased to have the competitive experience with the senior level athletes, especially since her goal is the 1992 Olympic Games in Barcelona. She trains at United Gymnastics Academy in Florida with coach Marnee Davidovich.

Training 20 plus hours a week, Hewitt-Couturier has a unique workout schedule in that four days a week, trainings from 5:00-9:00 a.m. and those early morning workouts paid off. Coached by Wendy Hilliard at United Nations International School, Hewitt-Couturier's competition was highlighted by her first place finish in the rope event, performed to a toe-tapping, percussion piece. This 14-year-old's rope routine earned a 9.20. When asked about the choice of music for her routines, Hewitt-Couturier replied, "The decision about what music I use is made by both my coach and me, it is a joint decision."

During Simpson performed solid routines throughout and, in the process, placed first in both the hoop event scoring 9.15 and ribbon with a 9.25. Simpson, the veteran at age 21, commented after the first day of competition that although she



The national team members go sight-seeing before the competition at the Colorado Springs Olympic Training Center.

had some talent on some of her standard elements, she felt she had met the new requirements established by the USGF with regards to the balance and pikes. Simpson, a 1988 Olympian, provides the national team with the gladness and maturity.

Caroline Hunt felt best about her club performance. Not only is the clubs event Caroline's favorite, it is fact tied her for second place with Simpson, scoring a 9.15. When asked what Caroline's major strength was, she replied, "My toss, double dismount, catch in my club routine. I really wanted to make that in my routine and I did!" Hunt commented that between now and Championships in May there would be some changes in her music so that it would better meet the requirements of tempo changes.

Although having some problems with consistency in her routines, Justine Lovell, 17, has an exciting sense that is present in each of her routines. Lovell, who trains at Illinois Rhythmic with Irina Ydovets, covers the floor area with energy and animation. Performed to music with a

Latin theme, Lovell's strongest event was her ball routine where she tied for second with Hewitt-Couturier with a 9.10.

The Civic Auditorium in Colorado Springs was an excellent facility for this second year event. The athletes gave the high ceilings and elevated seating for the audience a thumbs up approval!

This proves to be a beneficial competition for our national team members. It helps to fine tune their routines for international competitions as well as for the national championships in May.

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WARM-UPS FOR PRESCHOOLERS

By Patti Kamara

The beginning of any preschool gymnastics class is of utmost importance. Movement to music is a natural beginning along with some warm-up positions and exercises. How you begin the class sets the mood for the entire lesson. Since one of your goals in a preschool movement/gymnastics class should be fun, let's begin that way.

Kids love to use their imagination. Make your circle of carpet squares your "imagination station." Use some creativity with your basic positions and exercises such as listed in the movements below. Here is an example of a creative warm-up.

1. SAY YES AND NO WITH HEAD.

Ask the kids if they like gymnastics (hopefully they'll move their heads up and down). Ask them if they like spinach (they'll probably shake their heads left to right). Have fun while you ask them a few foods or activities to warm up the neck area.

2. SAY "I DON'T KNOW" WITH YOUR SHOULDERS.

Ask them what they do when mom asks them why they haven't cleaned up their messes. (Shrug shoulders by bringing shoulders to ears.) This is to warm up the upper trapezius muscle.

3. FORWARD AND BACKWARD GIANT ARM CIRCLES.

Pretend you're in a big windstorm. Your arms are trying to hold you steady. You're on the edge of a big boat. Don't fall out!

4. PUNCHING BAG.

Stand with feet apart and alternately extend your arms out in front. (Pretend like you're a boxer and punch.) We're warming up biceps, triceps, upper back, and shoulder muscle.

5. WASHING MACHINE.

Have arms extended out to sides and twist left to right. This is working on oblique muscle (sides of waist). Remember to lift the heels when twisting, so there's no torque on the knees.

6. BRIDGE.

"Let's say a little poem to help us remember. Hands by your ears, belly-butt in the air."

7. POPCORN.

Start in a squat position and slap the floor alternately 1-2-3-POP! Jump up high in the air. Repeat.

8. NOT FLOOR.

Continuous back jumps. "Are you landing like elephants or feathers?"

9. BUTTERFLY CATCHER.

Sit on the floor with the soles of the feet touching, close in front of the body. Hands are holding the feet. "As our wings flap up and down and we're flying around, do you see the . . . oh, no—it's the butterfly catcher—get down!" And the kids pull in their heads to their feet. Then, ask the kids who else sees the butterfly catcher? They'll point somewhere up in the air and the teacher yells, "Get down!" This is to stretch the adductor muscle (inner thigh area).



10. PEANUT BUTTER SANDWICHES.

Set in pike and "spread" peanut butter on the legs, jelly on the upper body and then smash it together. Change the sandwich and make it any ingredients the kids want (kologna, cheese, sandwiches, pizza, pickles—ask them! This will gently warm up the hamstrings.

11. MOM'S PENCIL POINTS & DADDY'S FISH HOOKS.

As they're sitting in pike have them point their toes like mom's pencil points and flex like daddy's fish hooks. Warming up the ankle area is important, but they also need to know what an extended foot feels like, so they understand when you tell them to point their toes.

12. ITSY-BITSY SPIDER.

Set in scuddle. Make sure the preschoolers don't let their hips tilt forward and their knees point forward. Their knees should point straight up to the sky! Have the students walk their fingers down each leg saying, "Itsy-bitsy spider walks down the leg today. Itsy-bitsy spider walks down the floor today" and walk the fingers forward between the legs.

13. SPLITS.

When the children learn the splits, have them start in a kneeling position. Extend one leg straight out in front. "Make sure you keep your head high (tip bones) shining straight forward." They should then slide the back leg back slowly until both legs are extended fully with toes pointed and the back knee facing down to the floor.

14. FORWARD ROLL AND TA-DA!

At the end of the warm-up we always practice landing with arms extended overhead and feet together. Have the children do a forward roll, land and say, "Ta-De."

Using these simple, but creative movements allows the children to learn how to warm up but have fun in the process. Along with the fun must come learning. Each class should encompass fun, learning, and safety. The kids should leave with a good feeling about themselves. Successful classes like these will bring the students back time and time again.

Patricia Korman has produced 21 videotapes concerning teaching techniques and business hints. For a complete explanation of all the tapes write: Pat's Gymnastics & Fitness Centre, 1500 Joliet St., Deer, IN 46531 or call (219) 865-2274.



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TEAMS TO WATCH AT THE 1991 WORLD GYMNASTICS CHAMPIONSHIPS

Continued from page 5

fourth all-around at the 1989 World Championships and sixth at the 1990 World Cup, Mirela Pasca, seventh all-around at the 1990 World Cup, and Mirela Neculita, sixth all-around at the 1990 European Championships. "How will the united Germany measure up?"

Germany will enter the 1991 World Championships as a unified team for the first time since 1954. In terms of medal count, East Germany has a total of 77 medals in World Championships competition and West Germany has a total of five. With a total of 82 medals for both Germany's, they are number four, behind the Soviet Union, Japan and Czechoslovakia. At the 1990

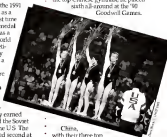
Reunification Competition, a unified Germany earned the silver medal behind the Soviet Union and in front of the U.S. The East German men placed second at the 1989 World Championships and fourth at the 1990 Goodwill Games, behind the Soviet Union, U.S. and China. The men's team should be a strong medal contender at the World Championships. Top competitors to watch are Ralf Buchner, Andreas Wierker and Jens Milthaus.

"How will the U.S. finish on their home turf?"

The U.S. women, who finished a close second behind the USSR at the Goodwill Games, upsetting China and Japan, should give the Soviets a run for their money. Especially with Kim Zmeskal and Betty Okoro at the helm. The U.S. women finished fourth at both the 1988 Olympic Games and the 1989 World Championships.

The U.S. men tied for eighth at the 1989 World Championships and moved all the way to second at the 1990 Goodwill Games. With the great finish at the 1991 McDonald's American Cup competition, Trent Dineen

- and Chris Waller placing first and second, the U.S. could be headed for a high finish in the team standings.
- "Who else will be top contenders?"
- China's men's team is strong, placing third at the '89 Worlds and the '90 Goodwill Games. Linyao Guo is the top Chinese gymnast. He placed sixth all-around at the '90 Goodwill Games.



- China,
- with their three top women gymnasts—Yang Bo, Zhong Wanning, and Li Li—is making a move. China's women placed third at both the '89 World Championships and the '90 Goodwill Games.
- Watch for Hungary, Japan, Romania and Italy to be top contenders in the men's competition!
- Henriette Orosi from Hungary is also an exciting one to watch and the Spanish women are moving to the forefront with their top gymnast, Eva Rueda.
- It should be an exciting competition and one of the most competitive ever.
- Look for some major upsets and a new team world ranking. The top 12 teams from the World Championships will qualify to compete in the 1992 Olympic Games.

Above: The Soviet women's team earned top honors at the '90 Goodwill Games with the U.S. in second.

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1991 USGF CONGRESS

The 1991 USGF Congress will be conducted during the World Championships in Indianapolis. The format and design of the Congress will depart from the usual annual offering. The goal is to provide an educational and informative Congress that will complement enjoyment of the World Championships.

Dates

The 1991 Congress will be conducted Thursday-Saturday, September 13-14. These are the final days of World Championships competition. The "Finals" of the Men's and Women's competitions are scheduled in the evening.

Times

In order for the participants to attend and enjoy the Finals competitions, Congress sessions will be conducted between 9:00 a.m. and 4:00 p.m.

Location

All Congress sessions will be conducted in the facilities Indiana Convention Center Hoosier Dome (ICCHD).

Sessions

Lecture/Demonstration presentations covering a variety of

topics including: judging, technique, business, pre-school, sport science, etc. In contrast to previous Congresses, in 1991 there will be demonstrations offered, but the length of the sessions will be extended.

USGF Awards Banquet

While it will not be possible to conduct the "typical" USGF Congress Awards Banquet in 1991, Congress participants will be able to attend the final World Championships Banquet Celebration that will be conducted at Union Station on Sunday evening (9/15).

Exhibitor's Hall

One of the highlights of the annual USGF Congress is the Exhibit Hall. Here, participants have the opportunity to see the latest in gymnastics equipment, supplies, apparel and services.

You have the opportunity to meet suppliers on a one-to-one basis to discuss your needs, order materials, and make purchases

Sport Sciences

On Saturday September 14, the Congress will feature two meeting rooms devoted to providing gymnastics professionals with the latest in sport science information. These sessions are being coordinated by Dr. Bill Sandstead/Dr. Jerry George. The theme is P.E.A.K. — 'Performance Enhancement through Applied Knowledge.'

FIG Symposium

As part of the World Championships, the International Federation of Gymnastics (FIG) will host a Medical/Scientific Symposium (separate venue).

Cost/Registration

A If you purchase any of the World Championship Ticket packages (Bronze, Silver or Gold), you may also enroll in Club 91 for only \$91.

• Club 91 membership entitles you to FREE REGISTRATION for the 1991 USGF Congress.

- B. If you decide not to purchase Club 91 and still want to attend Congress, you may register using the Form BELOW.
- Fee for Congress is \$90.00 (postmarked by August 1, 1991, (pre-members))
 - Fee is \$110.00 (postmarked after August 1) (pre-members)

Accommodations

There is no designated USGF Congress host hotel. To reserve housing accommodations for the World Championships and the USGF Congress, you need to obtain a Housing Application from the WGC organizing committee.

Questions?

- Ticket package inquiries, Club 91, and housing questions should be directed to:

91 World Gymnastics Championships
101 W. Washington St., Suite 1302,
Indianapolis, IN 46204
(317) 620-1894

- Questions regarding the USGF Congress, Exhibit space, or the FIG Medical/Scientific Symposium should be directed to:

USGF, Pan American Plaza, Suite 300
300 S. Capitol Avenue,
Indianapolis, IN 46225
(317) 237-3000

1991 USGF Congress-only

Registration Form

ONE NAME PER REGISTRATION — NOTE: If you have enrolled in Club 91 you are already registered for Congress! You do not need to complete this form.

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McDONALD'S AMERICAN CUP

Continued from page 23

Canada's Stella Urich rounded out the top eight.

MEN'S ALL-AROUND FINALS

"This is incredible," said Dimas as he looked around the winner's circle alongside U.S. gymnasts. "This hasn't happened in a long time."

Dimas, 30, scored 56.25 to win the McDonald's American Cup title, the first American to do so since 1987 when Brian Gansberg earned the title.

Dimas performed a new rings routine with a cross ring gant to score his highest score of the day, 9.65. Traditionally, one of his best events, high bar, turned out to be a problem when he had a form break after his Kovacs and overrotated his triple back dismount. However, his score of 9.40, along with his other scores—9.8 on floor, 9.70 on pommel, 9.70

on vault and 9.60 on parallel bars, was enough to secure his all-around victory and prize money of \$5000.

Coach Ed Burch, said, "It's really exciting for Tami to win this competition. It's good to see one of my gymnasts start out as a Class 4 and now become the McDonald's American Cup Champion. It's also good for the U.S. men's program because by winning international competitions now, it will put us in medal contention for the 1993 World Championships. The hard work is starting to pay off."

Dimas can now add his name to the elite list of McDonald's American Cup winners which include: Bart Conner, Kurt Thomas, Peter Vidmar, Tim Daggett and Brian Gansberg.

Chris Walker, bronze medalist from the 1990 Goodwill

Games, was also happy with the outcome. Walker's top score was a 9.90 when he stuck his double, double dismount and received a standing ovation for his high bar routine. He also had good performances on floor, 9.8, rings, 9.85 and parallel bars, 9.85.

Although Miguel Rubio is from Spain, he trains here in the U.S. at Houston Baptist University under coach Ed Burch. Dvorak, This 24-year-old Barcelona native earned the bronze medal with a 57.50. Rubio has participated in four World Championships and five European Championships, experience is definitely on his side.

Canada's Curtis Hobbett scored 57.0 for fourth at the standings. Hobbett, 25, became the first black gymnast to win a medal at a World Championships or Olympic Games, when he earned the silver

medal on high bar at the 1987 World Championships. And, to no one's surprise, his top score of the competition was, again, high bar with a 9.80.

Despite losing his luggage and having to borrow competition attire from Ed Burch, Germany's Andreas Wecker placed fifth with a score of 56.90. Wecker, 24, is ranked number one on the United Germany's team. Unfortunately, Wecker started the competition on a bad note when he fell off pommel horse scoring a 9.15. He fought to remain in the top five, especially on rings where he scored a 9.75.

China's Zhao Liang placed sixth (56.40), the Soviet Union's Andrey Karan finished seventh (56.55) and Switzerland's David Gubellini, who is just returning from hand surgery, took eighth in the all-around.

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NEW #2166 - Sr. Training Camp held in Indianapolis, 1/26-28/91. TU-Round off drills and technical Antennae, Ballet training techniques for gymnasts. Mary Featherberry (A, 2:00) \$12.95

NEW #2164 - 1991 AMERICAN CUP, Orlando, FL 2/91. Performances Zmeskal, Olson, Miller, Worley, Dawes, Strag, Buck, Crandall. Eagle-Olson, Zmeskal, Strubel-Hutala, Boucher, Shadish, Prigman, Kay, Umeh, (B, 1:29) \$12.95

NEW #2158 - 1991 MIXED PAIRS, Atlanta, GA 2/91 (A, 4:31) \$12.95

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NEW #2163 - Jr. B Testing Program for 1991. Analysis of skills & examples (A, 1:30) \$12.95

NEW #2194 - Junior "B" Training Camp - 12/90, Indianapolis - Focus of the Camp was training the Jr. B testing elements (B, 3:00) \$12.95

#2167 - JO USA/Canada Training Camp, August, 1990 (2:00) \$12.95

RHYTHMIC TAPES

#2576 - 1990 Goodwill Games competition in Seattle, WA. \$19.95

#2580 - 1990 RSC Nationals, Sr. "A" All-around. USA's National Team members (Laporte, Dydym, Leach, Hauer, etc.) (2:00, A) \$19.95

MEN'S TAPES

NEW #2284 - 1991 AMERICAN CUP, Orlando, FL 2/91. Men's Preliminary competition. Laverne Ringwald, Patrick Kirksey, Andreas Wecker, Trent Davis, Anders Ken, Chris Waller, etc.) (B, 1:00) \$16.95

NEW #2280 - 1991 AMERICAN CUP, Orlando, FL 2/91. Men's FINALS (Olson, Waller, Rubin, Hiltner, Wecker, Lauer, etc.) (A, 4:31) \$16.95

#2125 - Miss Waterman's USGF Congress presentation: International Trends in Men's Gymnastics (A+) \$12.95

#2122 - 1990 Winter Nationals Dignicola (B, 1:50) \$12.95

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PLEASE NOTE: The videos listed above are provided for educational and historical purposes. While every effort is made to produce videos of the highest quality, it should be noted that some of the videos are produced at events utilizing hand-held cameras from vantage points in the stands by non professional volunteer technicians. Only limited editing and post production enhancements are utilized in order to provide a timely product at a reasonable cost to the USGF membership.

To order any of these materials, please complete the order form on page 43.

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EVENT SCHEDULE

TELEVISED EVENTS

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Event	Location	Network	Event Date	Date To Air	Time (EST)
World Professional Champ. (M/W)	Forties, VA	ABC	May 11	May 11	4:30-6:00 pm
U.S. Champs. (M/W)	Cardinals, OH	NBC (Olympic Showcase)	June 6-9	June 15 June 16	2:30-6:00 pm 1:00-3:00 pm
U.S. Olympic Festival (M/W/E)	Los Angeles, CA	ESPN	July 22-31	TBA	TBA
Pan American Games	Cuba	ABC (TBS)	Aug. 3-13	TBA	TBA
Artistic World Champ. (M/W)	Indanapopolis, IN	ABC	Sept. 7-13 Sept. 12 Sept. 13 Sept. 14 Sept. 15 Sept. 16 Sept. 17	Jan. 1982 Jan. 1982 TBA 8:00-4:00 pm 4:00-5:00 pm TBA, 2 hours TBA, 2 hours	TBA TBA TBA TBA TBA TBA

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MAY

- | | | |
|--------|--------------------------------------|-------------------------|
| 1-2 | World University Games Trials (W) | Oregon State U., OR |
| 3-5 | JO National Championships (M) | Cal-State Fullerton, CA |
| 3-5 | U.S. Rhythmic Championships (R) | Cuisinade Springs, CO |
| 4-5 | JO National Championships - (JR-W) | Chicago, IL |
| 4-6 | World Sports Fair (M/W) | Tokyo, JPN |
| 10-12 | Corbett Invites (S) | Penn. PA |
| 11 | FIG WORLDWIDE CHAMPS (M/W) | Paris, FR, USA |
| 11-12 | JO National Championships - (SR-W) | Provo, UT |
| 11-12 | Int. European Championships (M/W) | Athens, GRE |
| 18 | U.S. Classic Nationals (H) | Huntington Beach, CA |
| 18-19 | SE Regional (M) | PA, W.V., OK |
| 21-22 | Brother Cup (M) | Nagano, Tokyo, JPN |
| 22-23 | Pacific Roca-Cup (M) | FL, OK |
| 29-Mar | 1. Rongta Group (Pro Asiatika) (W/R) | Sydney, AUS |

JUNE

- | | | |
|-------|-----------------------------------|-------------------------|
| 8-9 | U.S. Championships (M/W) | Cincinnati, OH |
| 8 | East/West JO Competition (R) | Seattle/WA, Detroit, MI |
| 12-25 | IO National Training Camp (W) | Indianapolis, IN |
| 14-16 | Inf' World's Best Competition (R) | Toronto, CAN |
| 14-16 | Education Workshop | Indianapolis, IN |
| 17-19 | Jr B Training Camp (W) | Indianapolis, IN |
| 22-29 | Regional Development Camp (M) | Colorado Springs, CO |

JULY

- | | | |
|--------|--|----------------------|
| 1-7 | 10-11 Age Group Nat. Develop. Camp (M) | Colorado Springs, CO |
| 12-21 | U.S. Olympic Festival (M/W/R) | Los Angeles, CA |
| 16-25 | World University Games (M/W/R) | Sheffield, GB |
| 16-30 | FIE Gymnastics (M/W/R) | Amsterdam, NL |
| 20-30 | Spec. Olympic Summer Int'l Games (M/W/R) | Minneapolis, MN |
| 20-30 | Class II & II Development Camp (M) | Colorado Springs, CO |
| 25-28 | Jacquie Blumel/Pro-Olympic Event (M/W/R) | Barcelona, ESP |
| 27-Aug | 11th National Team Camp (M) | Colorado Springs, CO |

AUGUST

- | | | |
|----------|-------------------------------------|----------------------|
| 1-11 | Pan American Games (Athlete - M/W) | Santiago, CHL |
| 3-4 | Natl. Am. Games (M) | Alma Aza, URS |
| 10-18 | Pan American Games (Rhythmic) | Santiago, CHL |
| 11-30 | GO Training Camp (G) | Colorado Springs, CO |
| 29 Sept. | 12th Training Camp (G) & RSC Camp | Colorado Springs, CO |
| 23-24 | World Championships Team Trials (W) | Indianapolis, IN |

SEPTEMBER

- | | | |
|-------|---|------------------|
| 6-15 | Artistic World Championships (M/W) | Indianapolis, IN |
| 12-14 | USGP Nat'l Congress (FIG) Scientific Symp | Indianapolis, IN |
| 18-22 | USRF Against East of World (W) | Madrid, ESP |
| 23-29 | Int'l Jr. Gymnastics Competition (M/W) | Yokohama, JPN |

Dates & Events Subject to Change or Cancellation: *Alison Malmgren, Director of Special Events*

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•Work out daily with your favorite gymnastics stars at the beautiful Waverly Hills Gymnastics Complex.

SPECIAL OFFER—Coaches with 10 students enrolled are invited free of charge . . .

Coaches with 10 students enrolled to attend camp will receive housing, meals, recreational facilities, Elite workout sessions and Bela's master lecture presentation followed by question-answer session regarding your favorite topics. Only coaches, club owners and parents with students enrolled can attend camp, elite workout and master lectures.

Attendance fee \$195.00

—APPLICATION—

•Enrollment is limited, call or write for your camp brochure. **NOTE:** Only cashier's check or money order will be accepted for deposit and balance.
Deposit: \$75/session (not refundable).

•High-quality intensive gymnastics instruction in the brand new 25,000-square-foot gymnasium complex.

•Exciting additional outdoor activities: horseback riding, swimming (Olympic-size pool), tennis, volleyball, basketball, campfire activities.

Name _____

Address _____

City _____

State _____

Zip _____

Camp Date _____

Phone () _____

TUITION/SESSION: \$295

Housing, meals, instruction,
additional activities

Additional sessions

\$275 each

Coaches: See special offer with
10 students enrolled.

PLEASE MAIL:

\$75 registration fee to:
Karolyi's Gymnastics
World Camps
17203 Barnwood
Houston, Texas 77060
Phone: (713)444-6595

SUMMER WEEKEND FUN

Whitewater Rafting
Mountain Climbing
Coastal Hiking
Beachcombing
Horseback Riding
Camping

I got my double back
Jumpsuit

My new vault put
me up a level.
Korean-Artistic

I learned so much,
I hated to leave.
Tennis-California

My team improved so
much, my coach
couldn't believe it.
Berk-Bikinis

Lost off his cool
but he had work.
Terry-Florida



NATIONAL ACADEMY SUMMER CAMP

WOULD YOU LIKE TO GAIN...

Confidence, New Skills, Strength,
New Routines, Correct Compulsories?

DAILY CURRICULUM

Vault, Bars, Beam, Tumbling—Floor Ex., Trampoline,
Dance, Weight Training, Biomechanics, Special Problems

THE NATIONAL ACADEMY:

17 OLYMPIANS, 6 PAN AMERICANS, 52 NATIONAL CHAMPIONS,
12 WORLD CHAMPIONSHIPS MEMBERS, 11 USA AA CHAMPIONS

NAAG, 143 W. 12th
Eugene, OR 97401
(503) 344-2000, 344-2001

Two 4-Week Sessions
One 8-Week Session
June 24 thru August 11

REGISTRATION:

Mail the registration form below and a check for the required amount to secure a spot in the camp. Additional information and registration forms will be sent to complete the application process.

1991 NAAG SUMMER CAMP APPLICATION

Please reserve my place for: ☐ Full Session - June 24-August 16

☐ First Session June 24-July 19 ☐ Second Session July 22-August 16

1991-92 competitive level: 5 6 7 8 9 10 Elite HS

Name _____ age _____ birthdate / /

Address (street) _____ (city) _____ (state) _____ (zip) _____

Home phone () _____ Day phone () _____

Club name _____ Coach _____ Years in gymnastics _____

Please send additional complete camp information packets _____

☐ Enclosed is my \$50 registration fee and \$350 camp deposit

☐ Enclosed is my \$50 registration fee and complete camp fee

PLEASE MAKE CHECK PAYABLE TO: NAAG SUMMER CAMP

QUANTITY _____

Total due \$400

Amount enclosed \$ _____

Roommate preference _____

T-shirt size: CHILD S M L XL
ADULT S M L XL

I hereby register my child for the NAAG Summer Camp and authorize the Academy staff to coach and supervise her in the program. I certify she is physically, medically and emotionally able to participate in camp activities in a safe manner and I authorize the Academy staff to seek medical treatment necessary in case of illness or injury. I understand that my child may have her picture taken and used in Academy materials. I have enclosed a non-refundable registration fee and understand that my deposit is non-refundable if my child cancels 30 days or less before the first day of camp unless there is a serious illness or injury.

Signature of parent or legal guardian _____

Date _____

PURPOSE:

The National Academy of Artistic Gymnastics opened its program to the gymnastics community each summer to allow other serious gymnasts a chance to spend four to eight weeks training with two of the USA National Team coaches, Dick and Linda Mulvihill. The gymnast will learn new skills and progressions, and perfect old ones safely in the Academy system that has produced 15 Olympians and 10 USA National All-Around Champions.

LOCATION:

The sister cities of Eugene/Springfield, Oregon are often referred to as the "Gymnastics Capital of the USA". Located in the southern end of the beautiful Willamette Valley, it is a one hour drive from the Oregon coast or the Cascade mountains. Summertime high temperatures range around 80° with generally clear and sunny skies and low humidity.

FACILITY:

The Academy is one of the best gymnastics centers in the USA. It is covered well to wall with mats for safety and equipped with the finest equipment. All events have foam pits for learning new and difficult skills safely and spotting belts are available if needed. No expense is spared to provide the ultimate gymnastics training environment.

10 Balance beams
9 Sets of bars
7 Trampolines
Spring floor

Tumbling step (Spring floor)
Vaulting runway
Double mini tramp vaulting
Foam pits (jill apparatus)

Spotting belts
Weight training room
Therapy room
Dance

HOUSING:

Gymnasts live with local families, many of whom have children attending the Academy. Most families have hosted athletes for years and are chosen for their moral, ethical values and desire to offer out of state visitors a positive Oregon experience. Gymnasts are assigned in groups of two or more and roommates can be requested. Religious preferences are honored and arrangements can be made for church.

Room, board and transportation (to and from the gym) are provided. Campers pay for their own personal items and recreation (about \$15-20 a week). The host family will contact you with all details.

COST OF CAMP

Gymnasts select a four or eight week session. Priority is given to eight week campers.

FULL SESSION (eight weeks)

June 24-August 18

Tuition	\$1200
Room & board	650
Registration fee	50
	<hr/>
	\$1900

FIRST SESSION (four weeks)

June 24-July 18

SECOND SESSION (four weeks)

July 22-August 16

Tuition	\$700
Room & board	325
Registration fee	50
	<hr/>
	\$1075

RECREATION ACTIVITIES:

The area is one of the top recreational/athletic communities in the country. Gymnasts are encouraged to bring clothing and sporting equipment and go triage in these activities. Available is water rafting, boating, skiing, sailing, swimming, hiking, climbing, bicycling, jogging trails, golf, and tennis, just to name a few choices. Trips are organized each week by the Academy, host families, and the Fellowship of Christian Athletes.

The community also offers five major shopping malls, 19 theaters, 10 museums, a center for the performing arts, art galleries, fairs, festivals and many other activities all summer long.

AUDITIONS:

The Academy is a private school and each year accepts gymnasts onto its National Team who are Level 7 or higher. Gymnasts are chosen during auditions at camp. Once accepted, training is year-round as the gymnast trains half days and goes to school half days. Over the last 18 years every graduate has received a full college scholarship.

ELIGIBILITY:

All 10 male gymnasts nine years or older and working out at any competitive level are welcome. Campers are grouped within ability groups upon arrival.

NAAG SUMMER CAMP

"The Most Comprehensive Artistic Gymnastics Camp in the USA"

WELCOME TO THE NATIONAL ACADEMY. . .

Dick and Linda Mulvihill invite you to spend your summer and train under the staff of the National Academy and experience the system that has produced the winningest program in the USA. Over the last eighteen years Academy gymnasts have won over 1000 individual state, regional and national championships. The Academy attracts gymnasts from all over the world and has trained girls from 20 foreign countries and almost every state.

The National Academy Camp is unique because it offers the serious gymnast a chance to train for not one or two weeks, but four to eight weeks with the same coaches who train the Academy's elite athletes. The Academy does not hire a "summer only staff" who are not familiar with the progressions, teaching methods and safety methods of the Academy system. The Academy staff works with each gymnast in an extended time period that allows for tremendous improvement. They learn new optional skills, perfect routines, develop dance and flexibility, and improve strength through weight lifting and conditioning.



WARY LOU

U S A G Y M N A S T I C S

'91 U.S. GYMNASTICS CHAMPIONSHIPS

Presented by KROGER

**June 6-9, 1991
Shoemaker Center
Univ. of Cincinnati**

Ticket Information

Thursday, June 6th (\$9.00 all day)

2:00 p.m. Jr. Men's & Women's Compulsories

7:00 p.m. Sr. Men's Compulsories

Friday, June 7th (\$9.00 all day)

2:00 p.m. Jr. Men's & Women's Optionals

7:00 p.m. Sr. Women's Compulsories

Saturday, June 8th

2:00 p.m. Sr. Men's Optionals \$12.00/\$16.00

8:00 p.m. Sr. Women's Optionals \$12.00/\$16.00

Sunday, June 9th

2:00 p.m. Men's & Women's Individual Finals

Finals \$14.00/\$17.00

All Session Packages (\$48.00)

Individual session tickets go on sale
April 1 at the Shoemaker Center box
office and all Ticketron outlets. To
charge by phone call Ticketron Phone
Charge.


(800) 225-7337

All Session Packages are available
prior to April 1 by writing to:
Cincinnati Gymnastics
Organizing Committee
P.O. Box 9437
Cincinnati, OH 45229



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POSITION AVAILABLE

Gymnastics Coach wanted Full time position available for young enthusiastic coach. The Buckley School is a small private boys school with grades K-9 and has a modern fully-equipped complex with four gymnastics rooms open and one for gymnastics in which you will find all necessary equipment for boys gymnastics. The Buckley School has dominated the gymnastics scene in New York City since 1976. The school wants you to continue that tradition. Send resume to: Pat Vindichich at the Buckley School 113 East 73rd St., New York, N.Y. 10021 or call (212)335-4707.

KUTSHER'S SPORTS ACADEMY/GYMNASTICS Gymnastic coach and college aged student coach/instructor. Large co-ed NYC resident camp 100 miles NYC. Contact: Kutscher's Sports Academy, 30 Seaside Lane, Westport, CT 06880 (203)734-0290.

COACHING POSITION Come to St. Louis. Work in well established program with full facilities. Five cooperative teams. Provide 5-100 Pikeson modified floor. Coach Level 5 & Assistant Coach Levels 7-10 along with teaching minimum amount of recreational classes and team administration. Have produced numerous State Champions. Day teams over past three years and moving into regional leagues. Looking for either experienced spring skills or advanced floor/team experience. Salary/Benefits negotiable. Send resume to: OLYMPIAD GYMNASTICS, 1980 Belden Hill St. Lanos, MO 63041 or call (314)269-1179.

The United States Olympic Committee is now accepting applications from qualified students for internship positions for the 1991 Fall Semester in the areas of broadcasting, finance, personnel, international relations, legislative/public relations/marketing, fund raising, sports administration and sports science. The internship sites are at Colorado Springs, Colorado. To be eligible for the USOC internship program, individuals must be enrolled in a master's graduate program during the 1991 Fall Semester. To receive an application packet, write: Jan Schaefer, Intern Coordinator, U.S. Olympic Committee, 5750 East Boulder St., Colorado Springs, CO 80909-2962. The deadline for all applications is June 15.

Full-time positions available American Gymnastics of Boca is looking for an assistant coach for girls competitive teams and also looking for pre-school and recreational class instruction. New July or on-conditioned, state of the art facility with over 1,200 students. Two full-time positions available with benefits. Call Jack/Mary 387-4410. 8410 NE 15th Avenue to 8999 Glades Rd. Boca Raton, FL 33434.

GYMNASTICS PROGRAM DIRECTOR Direct all levels of gymnastics, pre-school through competitive level as supervising staff. Facilities include new 1250 sq ft gym under construction this summer. Immediate opening. Send resume to: Rich Norcia, Physical Education Director, 5601 South Brentwood, Houston, Texas 77086.

GYMNASTICS DIRECTOR POSITION City has gymnastics program, located on the beautiful San Francisco Bay Peninsula, seeks top flight & enthusiastic GYM NASTICS DIRECTOR to supervise and instruct fast growing 800+ student preschool thru competitive program. B.A. preferred with ability to coach through Level 10. Must have strong skill training and leadership background. Responsible for phases of planning, development, finance, instruction, evaluation, safety, scheduling and development. Salary—\$39,000 to \$41,600 plus 11.75% annual bonus. Attraction benefits package includes 11 days year 16 paid holidays, life & medical ins., dental & vision plan and fully paid PERS retirement program. Send resume to: Personnel Dept., c/o Civic Center, Morro Park, Calif. 94025. For further information, please Dick Austin at (415) 658-3485.

GYMNASTICS INSTRUCTOR/COACHES to work in a rapidly growing gymnastics center in Charlotte, North Carolina. Should be energetic, love children, and willing to assist with girls and/or boys programs from preschool thru competitive levels. Full time and part time positions available. Salary/Benefits commensurate with experience and demonstrated ability. Send resume to Charlotte Gymnastics International, P.O. Box 133, Matthews, North Carolina 28106.

New ultra modern gymnastics training center seeking instructors/coach to work with all levels of programs, classes, teams, training squads, both boys and girls. Proven

musical experienced individual with lots of energy. B.A. preferred. Salary negotiable. Full medical bene fund profit incentive available. For more information contact Jonathan at Scholastic's School of Gymnastics/1880 Princeton Ave./Lawrenceville, NJ 08603. (800)850-2655.

GYMNASTICS COACHES NEEDED Our rapidly growing, well established program is looking for the right person(s) to coach recreational program and successfully compete in team program. (1-First) The right person should have had to be enthusiastic, positive and be willing to become part of our team. Great 12,500 square foot facility with large open gym. Recalled salary commensurate with experience, insurance, paid vacations, supportive staff and owners. Fantastic opportunity! Come grow with us. Contact: George Gaugier, North Shore Academy of Gymnastics, P.O. Box 573, Cedarburg, WI 53012 or call (414) 573-0030.

Full-time and part-time contractual coaching and teaching positions available for men and women in Daly City, CA near San Francisco. New facility opening, rapid expansion planned for our new 200 strong coed program. Enthusiastic and willing to grow with a new program. Send resume or call Charlie Smithson at Daly City Parks and Recreation, 111 Lake Merritt Blvd., Daly City, CA 94022. Phone: (415)991-6035.

COMPETITIVE PROGRAM DIRECTOR needed for young, nationally invited women's team. Responsible, energetic person who enjoys working with young gymnasts in well-supported program. Level 1 through elite. Facilities or club or a space near 30,000 sq ft building with a large gymnasium. Salary commensurate with experience—benefits included. Contact: American Gold Gymnastics, 301 17th Ave. S., Fargo, ND 58103. (701)258-9432.

ASSISTANT GIRLS TEAM POSITION AVAILABLE Compulsory through optional levels. Salary negotiable. Contact Rhonda Morton, Jacksonville, Florida. (904)738-1128 or (904)643-5785.

FOR SALE

SCORE MASTER is a very easy-to-use team & event management system. SCORE MASTER provides

individual and team results for compulsory and/or optional events. This system is used in over 100 states and the local, national, state, regional, national and international levels. Graphs and report team & individual scores over an entire season. This team-driven system comes with an on-line tutorial and complete documentation. For more info contact: Mahoney Systems, 1112 Long Pine Lane, Charlotte, NC 28204, (704)893-7644.

CLASH MASTER is a very easy-to-use class management & accurately measurable system. CLASH MASTER automates bar charts, match reports, class rosters, school athletic enrollment, attrition trend analysis, makeups, waiting lists, payments, deposit slips, late fees, tuition billing and making labels. **CLASS MASTER**, a pull-down menu-driven system, is password secured and comes with an archive manual, complete documentation and a 90 day money-back guarantee. For more info contact: Mahoney Systems, 1112 Long Pine Lane, Charlotte, NC 28204, (704)893-7644.

EXCLUSIVELY FOR YOU! Imagine yourself performing to your favorite song with sound effects and arrangements composed **EXCLUSIVELY FOR YOU!** That means nobody will be performing the same song. **BRING OUT YOUR ORIGINALITY!** We'll work with you closely to blend, twist, and flip the music to your nerves with our "video-click process." You and the music will perform **as one!** ANY SONG. Rhythmic changes, singing, choruses, any segment described or sketched in are length. **PROFESSIONAL EXPERIENCE!** "National Seguester Award," "NY Radio Assoc. Award," "Recording top 10 songs for major record companies" (Jingles for Florida, NY, Meo, Ford, GM and more). **REPPRESENTS OF OUR GYMNASTIC CUSTOMERS** a reliable types request. From start to finish using **ACREDIT CARD** ACCEPTED! Call or write for details. MarketTimes, 28 Lyndrick Rd., Marine Beach, NY 11951. (516)799-9079.

Gymnastic Director, (4) Are your teaching skills sharp but not showing low scores? Maybe it's your choreography? We offer professional choreography at very reasonable prices. We will make your PR and BEAM/medalistus from the crowd. We offer materials available for all level gymnasts. **TEAM DISCOUNTS.** Don't waste time constructing you

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how while your gymnasts are having their skills. Excellent references. For information call or write GYM NASTIC DANCE, LTD., 2500 Montebello, Suite 1163, Dallas, Texas 75248. (214)930-3714.

FOR SALE. 7,000 sq ft gym club located in New England. Large and growing professional recreational and dance programs. Established team. 7th year of operation in sparkling, new facility specifically built for gymnastics. For information write GJ Shekley, 33 Lakeside Dr., Woodham, CT 06290 or call (203)423-2828.

GYMNASTICS SCHOOL FOR SALE. Gymnastics program in upstate New York. Very strong recreational program and team levels 4-7. Newly added pre-school program in flowing, beautiful, polished 600sq ft with Olympic format equipment. For information call (914)336-6693.

"PROFITABLE" GYMNAS-TICS CLUB FOR SALE. Dynamic opportunity! Prime location, beautiful Sonoma County, California. Owner retiring after 18 years. Fully-equipped with students. Recreational emphasis. Assume lease. Proud to sell. Contact broker (916)944-7879.

SEEKING EMPLOYMENT

Georgy Adeline Mervinov, member of the Bulgarian National Team in the late 60's and early 70's is seeking employment in the U.S. If you're interested contact her directly at Ulitsa Radia Yeva 48, Sofia, 1000, Bulgaria.

Ivan Gergorov, assistant coach of the Bulgarian National Team since 1970, seeks employment in the U.S. If you're interested contact him at camp place "Vahcho Ivanov," block 200, rd. Duple 45, 1004 Sofia, Bulgaria.

Alfred Kiesel teaches gymnastics in Germany. Looking for position in the U.S. He's 33 and not married. Contact him at Eisenstrasse 16, 4782 Deter, Germany.

CAMP'S

Rhythmic Summer Camp 1991 Directed by Andrea Buzac (Elite Coach and USGF Judge) Located at Hampshire College in Amherst, Massachusetts the camp features training and teaching with and by

Internationally known. Spend in the World of Gymnastics and Dance. Level—Beginners to Elite gymnasts, coach judges and teachers. Coaches Seminar—com- vention course, location elite in rhythmic gymnastics—July 5-7. First ever USGF Judging Course and Test, all levels July 5-7. Full week of Rhythmic Gymnastics Ballet and Jazz July 7-13. Note: Class B, EL and TV Camps/series will be taught at this camp. For information and free brochure call or write today to Andrea Buzac of a Rhythmic B, Inc., 31-15 Van Kleeck St., Apt. 3G, Kew-Forest, NY 11365, (718)779-1257.

North Carolina Summer Gymnastics Camp. Weyandt's Gymnastics, Inc., 9457 Monroe Road, Charlotte, N.C. 28215. (919)456-1277. Head Clinician: Lucinda Papowich (Master of Sport USA), also Certified Acrobatics Coach. Camp Dates: June 30, 1991 thru July 4, 1991. Camp Cost: \$215.00. Registration deposit \$75.00. Early Deadline: June 1, 1991. Contact Person: Dan Weyandt, Camp Administrator at Eric Seeger, Camp Director.

A.G.T.C. Camp—June 19-August 21st, 1991 on one week sessions. Located in Eugene, Oregon, home of 1980 & 90 National team member Chen Knight. Fun filled activities for competitive gymnast 7 years and older! Easy six tumbling floor, safety pits, overhead springing gear, and trampolines of all types! High quality gymnastics complex! Additional exciting out-door activities, water skiing, swimming, rock slides, hiking, camping, and river rafting. For applications write or call: AGTC Camp 200-444-1044 960 McKinley, Eugene, OR 97402. Mothers may attend Free. Group rates are available.

CONSULTING

The WORLD Gym Camp Clinic can help you start your own Gymnastics, Dance, or Movement Business on Wheels. We have 15 years of experience in the field and specialize in children ages 3 to 13. The business is recommended for those with strong dedication, love of children and strong Dance, P.E., Communication or Early Childhood Education Backgrounds. Please call Ann Waters and Susan Ernst for information or write The Mobile Gym, 430 Miller St. S., Salem, OR 97302. (503)560-4312.

TOP of the ROCKIES

GYMNASTICS & DANCE

CAMP

Experience the fun of learning in the snow capped, sunny Colorado Rockies.



- Free seminars from scenic Evans Park
- Individual programs available for all levels of gymnastics & dance — ages 7 and up
- Supervised free time and evening programs including handback riding, miniature golf, swimming, hiking, go carts, etc.
- Safety certified, adult staff, small teacher-pupil ratio
- Enhance your personal style with International level staff featuring Gipsy Hojar, choreographer to Olympians, Nade, Mary Lou, Phoebe and many more

FOR ADDITIONAL INFORMATION
CALL OR WRITE
G.R.'s Gymnastics
4211 South Mecon
Rt. Collins, CO 80525
(303) 328-0906

COLORADO

FACES IN THE

G Y M



KRISTIN CAPASSO

Randolph, Massachusetts

Kristin, 12, trains at the Academy of Gymnastics and is coached by Paul Jung. She won the level 7 Massachusetts State Meet in March of 1990. At this year's State Meet, Kristin competed as a level 8 and earned the bronze medal on balance beam.



TOM JONES

Carroll, Indiana

Tom, 11, is a three-time Indiana State Champion—twice as a class 4 and once as a class 3. Tom trained for five years at Gymnastics in Allentown, Pa., however, since his family moved to Indiana, he's training at the USGF National Training Center with Helen Margulies and Brendan Price. Tom will be involved in the USGF National Testing Program this fall.



JOSH STEIN

Houston, Texas

Josh is an 18-year-old Valedictorian at Alexander South Academy. Josh was on the Junior National Team in 1988, a member of the Senior NCAA/USA Games Team in 1989, and is currently on the Junior Elite National Team. Josh earned a silver medal on floor at the '90 Olympics Festival. He trains at the Gymnast Factory in Houston, Texas.

Each issue of USA Gymnastics will feature several and individuals who have excelled in gymnastics, either by competition, coaching or some other way. If you, or someone that you know, has achieved an accomplishment in the sport of gymnastics, write two or three sentences about the person and include a recent photograph, quality black and white or color, showing only the candidate. (School or club photo would be perfect.)

Send to: USA Gymnastics, P.O. American Plaza, 381 S. Capital Ave., Ste. 300, Indianapolis, IN 46225.

DEADLINES

Jan/Feb issue	Nov. 15
Mar./Apr. issue	Jan. 15
May/June issue	Mar. 15
July/Aug. issue	May 15
Sep./Oct. issue	July 15
Nov./Dec. issue	Sept. 15

Elite Expressions

When you practice to be the best, your music should be too.

Choose one of our outstanding demo selections or we will produce custom music "especially for you."

1991-92 DEMOS - \$5.00

OUR MUSIC IS QUITE SIMPLY ...
THE BEST.

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Naples, FL 33999 813-591-3636

MONEY BACK GUARANTEE

THE NASTAR SYSTEM

can prevent ankle pain caused by tumbling, vaulting and dismounting.

In compensating the ankle joint, the NASTAR SYSTEM functions similar to every vertebrae. Therefore, a correct motion of the ankle does not cause motion on other joints. It allows the person to take longer and harder with less pain to the ankle motion and is particularly useful when tumbling over the bar. If the ground needs to be used, the ankle is first used and the NASTAR SYSTEM is applied over the knee.

The NASTAR SYSTEM has been used by members of the US Olympic team and women's Olympic gymnastics team. It is currently being used by levels 3 to 10 and continues to be used at the US states and internationally.

Since the NASTAR SYSTEM is a new product for gymnasts, there is a 10-day money back guarantee. The gymnast can try the support, even if they fall it, and return it for a full refund within 10 days and for a refund.

It is recommended that you purchase the NASTAR SYSTEM for each side. This device can be used on both sides.

It is 100% pure NASTAR SYSTEM
plastic and metal.
No other material is used in the device.

Package and handling charges for a 10-day money back guarantee.

100% money back guarantee.

Contact us for information about the NASTAR SYSTEM and for a 10-day money back guarantee.

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10000 Elmwood Circle
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SAFETY CERTIFICATION

Scheduled Courses

Saturday & Sunday, May 18-19, 1991

*Huntington Beach, CA
Site/Traiser: TBA
Course Dir.: Steve Whitlock (317) 237-5050
This course will be conducted in conjunction with the U.S. Classic Meetweek

Saturday, June 1, 1991

*Indianapolis, IN - 10:00am-4:00pm
USCGF Gymnastics Training Ctr.,
6655 Hillside Ct., Indianapolis, IN 46250
(317) 641-4101
Course Dir.: Dave Moskowitz
(317) 237-5050

Sunday, June 3, 1991

Parapony, NJ - 10:00am-4:00pm
Course Dir.: Cathy Finkel (301) 596-1808

Sunday, June 9, 1991

Cincinnati, OH - 8:30am-1:30pm
Omni Northland Plaza Hotel, 35 W. 5th St.,
Cincinnati, OH 45202 (513) 621-9100
Course Dir.: Robb Montanari (614) 457-1279
This course will be conducted in conjunction with the U.S. Championships

Thursday, June 13, 1991

*Indianapolis, IN - 4:30-10:00pm
Site: TBA
Course Dir.: Steve Whitlock (317) 237-5050
This course will be held in conjunction with the USCGF Girls' Instructors' Workshop

Saturday, June 23, 1991

Woodward, PA - 1:00-7:00pm
P.O. Box 90 Rt. 45, Woodward, PA 16842
(800) 348-5633
Course Dir.: Robb Montanari (614) 457-1279

Sunday, July 14, 1991

Springfield, MA - 10:00am-5:00pm
Springfield College,
Physical Education Complex,
Course Dir.: Robert Beach (508) 237-4405
Local Contact: Steve Posner (617) 799-1809
This course will be conducted in conjunction with the Trapeze Gymnastics Camp Coaches' Clinic

Thursday, August 1, 1991

*Indianapolis, IN - 4:30-10:00pm
Site: TBA
Course Dir.: Steve Whitlock (317) 237-5050
This course will be held in conjunction with the USCGF Provincial Instructors' Workshop

*Colorado Springs, CO - 4:00-10:00pm
U.S. Olympic Training Center, 1776 E.
Boulder St., Colorado Springs, CO 80909

Course Dir.: Dave Moskowitz

(317) 237-5050
Local Contact: Ron Brant (714) 576-4500
This course will be held in conjunction with the USCGF Boys' Instructors' Workshop

Friday, August 2, 1991

Toledo, OH
Toledo Hilton, 5100 Glina Dale Ave.,
Toledo, OH 43614 (614) 741-6800

Course Dir.: Robb Montanari

(614) 457-1279
Local Contact: Martha Miller
(614) 654-0616

This course will be held in conjunction with the Great Lakes Zone YMCA Gymnastics Clinic

Saturday, August 3, 1991

Stroudsburg, PA - 10:00am-5:00pm
International Gymnastics Camp,
Golden Slipper Rd., Stroudsburg, PA
18380 (717) 629-0344
Course Dir.: Gerald George (318) 988-1220

Thursday, August 8, 1991

*Ft. Worth, TX - 4:00-10:00pm
Site: TBA
Course Dir.: Steve Whitlock (317) 237-5050
Local Contact: Jerry Milan (817) 337-5180
This course will be held in conjunction with the USCGF Provincial Instructors' Workshop

Saturday, August 31, 1991

*Colorado Springs, CO - 9:00am-2:00pm
U.S. Olympic Training Center, 1776 E.
Boulder St., Colorado Springs, CO 80909
Course Dir.: Dave Moskowitz
(317) 237-5050

Local Contact: Ron Brant (714) 576-4500

This course will be held in conjunction with the USCGF USG Coaches/Judges' Symposium

Sunday, September 22, 1991

Rockaway, NJ - 10:00am-6:00pm
GANN, Rockaway, NJ 07866
Course Dir.: Cathy Finkel (301) 596-1808

*These courses are considered USCGF National Courses and therefore the participants will be charged the group rate of \$60-\$2 per person.

1. The text book for the Certification Course is the USCGF GYMNASICS SAFETY MANUAL. This text/reference material is to be purchased and studied prior to course participation.
 2. The course will take approximately six hours, including the test.
 3. Certification is good for four years.
 4. The Course fee is \$100.00. USGF members and second cycle recertification is \$75.00. Recert cost is \$25.00.
- For groups of at least 5, contact the USCGF Department of Safety and Education. (317) 237-5050

Participation Registration Form

Name: Mr./Mrs./Ms.	Sex: Sex #	
Address		
City	State	Zip
Telephone: ()		
Course Director		
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TABLE 1

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